

IN THE CLAIMS:

1. Redetachable, self-adhesive device having a plate, the sides and/or front side of which have fastening means, if appropriate, and the rear side of which has a strip of an adhesive film which is adhesive on both sides and is adhesively attached in such a way that one end of the adhesive film protrudes beyond the plate as a grip, the adhesive film being of such a kind that the adhesive bond achieved with it can be released again by pulling in the direction of the bonding plane, stretching the strip, characterized in that the rear side of the plate (4) has laterally alongside the adhesively attached adhesive film (5) spacers (3A, 3B), the height of which is less than the thickness of the adhesive film (5) strip.
2. Device according to Claim 1, ~~characterized in that~~ wherein the spacers (3A, 3B) are located on both sides alongside the adhesively attached adhesive film (5) strip.
3. Device according to Claim 1, ~~characterized in that~~ wherein the spacers (3A, 3B) are formed as fillets or segments.
4. Device according to Claim 1, ~~characterized in that~~ wherein the spacers (3A, 3B) are arranged on both sides and, on each of these sides, at least in the region of the two ends.
5. Device according to Claim 1, ~~characterized in that~~ wherein the height of the spacers (3A, 3B) is 35 - 90% of the thickness of the adhesive film (5) strip, in particular is 0.3—0.6 mm with a thickness of the adhesive film (5) of 0.65 mm.

7. Device according to Claim 1, characterized in that wherein the adhesive film ~~(5)~~strip, with or without an intermediate substrate, is elastically or plastically extensible.
8. Device according to Claim 1, characterized in that wherein the adhesion of the adhesive film (5) is less than the cohesion, the adhesiveness is to a great extent dissipated when the film is extended, and the ration of pulling-off force to tearing load is at least 1:1.5, the adhesive film being of the kind which is based on thermoplastic rubber and tackifying resins, with high elasticity and low plasticity.
9. Device according to Claim 1, characterized in that wherein the rear side of the adhesive film ~~(5)~~strip is covered with a release laminate, such as a siliconized release paper or a release film.
10. Device according to Claim 1, characterized in that wherein the rear side of the adhesive film ~~(5)~~strip is covered with a release laminate, such as a siliconized release paper or a release film.
11. Device according to Claim 1, characterized in that wherein a spacer is arranged at one of the end faces on the rear side of the plate ~~(1)~~ alongside the adhesively attached adhesive film ~~(5)~~strip.
12. Use of Method of using a plate for a device according to one of Claims 1-11 Claim 1, for self-adhesive fastening and easy, residue-free redetachment.